

VIRTUAL








GROUP EXERCISE TIMETABLE

FROM 22ND JULY



Day	Time	Class	Location	Info
Monday	07:30 - 08:00	Grit Athletic	Dance Studio	HIIT Classes
Monday	09:15 - 09:45	Sprint	Cycle Studio	Cycle Classes
Monday	13:15 - 13:45	Core	Dance Studio	HIIT Classes
Monday	13:15 - 13:45	RPM	Cycle Studio	Cycle Classes
Monday	16:00 - 16:45	The Trip	Cycle Studio	Cycle Classes
Monday	16:00 - 17:00	Grit Cardio	Dance Studio	HIIT Classes
Monday	21:00 - 21:45	BodyPump	Dance Studio	Strength & Conditioning Classes
Tuesday	06:30 - 07:00	Grit Cardio	Dance Studio	HIIT Classes
Tuesday	08:30 - 09:45	The Trip	Cycle Studio	Cycle Classes
Tuesday	10:00 - 10:30	RPM	Cycle Studio	Cycle Classes
Tuesday	14:45 - 15:15	Sprint	Cycle Studio	Cycle Classes
Tuesday	15:30 - 16:15	Body Balance	Dance Studio	Mind & Body Classes
Tuesday	16:15 - 17:00	The Trip	Cycle Studio	Cycle Classes
Tuesday	16:15 - 17:00	Body Pump	Dance Studio	Strength & Conditioning Classes
Tuesday	20:45 - 21:30	The Trip	Cycle Studio	Cycle Classes
Tuesday	21:45 - 22:15	Core	Dance Studio	Mind & Body Classes
Wednesday	07:15 - 07:45	Grit Athletic	Dance Studio	HIIT Classes
Wednesday	08:00 - 08:45	Body Combat	Dance Studio	Martial Arts Classes
Wednesday	09:30 - 10:00	Sprint	Cycle Studio	Cycle Classes
Wednesday	11:30 - 12:15	The Trip	Cycle Studio	Cycle Classes
Wednesday	16:30 - 17:00	RPM	Cycle Studio	Cycle Classes
Wednesday	21:00 - 21:50	RPM	Cycle Studio	Cycle Classes

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	Cycle Classes		Cardio & Dance Classes		HIIT Classes
	Mind & Body Classes		Strength & Conditioning Classes		
	Martial Arts Classes		Aqua Classes		

VIRTUAL








GROUP EXERCISE TIMETABLE

FROM 22ND JULY



Day	Time	Class	Location	Info
Thursday	06:30 - 07:00	Body Combat	Dance Studio	
Thursday	08:30 - 09:15	The Trip	Cycle Studio	
Thursday	11:05 - 11:35	Core	Dance Studio	
Thursday	15:15 - 15:45	Born to Move	Dance Studio	
Thursday	16:00 - 16:30	Grit Strength	Dance Studio	
Thursday	16:30 - 17:00	RPM	Cycle Studio	
Thursday	16:45 - 17:15	Body Pump	Dance Studio	
Thursday	17:30 - 18:00	Sprint	Cycle Studio	
Thursday	20:45 - 21:30	The Trip	Cycle Studio	
Thursday	21:45 - 22:05	Body Balance	Dance Studio	
Friday	06:30 - 07:00	Grit Cardio	Dance Studio	
Friday	08:30 - 09:15	Body Combat	Dance Studio	
Friday	09:00 - 09:30	Sprint	Cycle Studio	
Friday	13:30 - 14:15	The Trip	Cycle Studio	
Friday	14:00 - 14:30	Core	Dance Studio	
Friday	14:45 - 15:05	Body Balance	Dance Studio	
Friday	15:30 - 16:05	Born to Move	Dance Studio	
Friday	16:30 - 17:15	Body Pump	Dance Studio	
Friday	16:30 - 17:20	RPM	Cycle Studio	
Friday	20:00 - 20:30	Sprint	Cycle Studio	
Friday	21:00 - 21:45	The Trip	Cycle Studio	
Friday	21:05 - 21:35	Core	Dance Studio	

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-  Cycle Classes
-  Cardio & Dance Classes
-  HIIT Classes
-  Mind & Body Classes
-  Strength & Conditioning Classes
-  Martial Arts Classes
-  Aqua Classes








VIRTUAL

GROUP EXERCISE TIMETABLE FROM 22ND JULY



Day	Time	Class	Location	Info
Saturday	06:30 - 07:00	Grit Athletic	Dance Studio	HIIT Classes
Saturday	07:15 - 07:45	Grit cardio	Dance Studio	HIIT Classes
Saturday	08:00 - 08:30	Grit Strength	Dance Studio	HIIT Classes
Saturday	08:00 - 08:30	Sprint	Cycle Studio	Cycle Classes
Saturday	13:25 - 14:10	The Trip	Cycle Studio	Cycle Classes
Saturday	17:00- 17:50	RPM	Cycle Studio	Cycle Classes
Saturday	20:15 - 21:00	Body Pump	Dance Studio	Strength & Conditioning Classes
Saturday	21:15 - 22:00	Body Combat	Dance Studio	Martial Arts Classes
Sunday	06:30 - 07:00	Body Pump	Dance Studio	Strength & Conditioning Classes
Sunday	07:15 - 07:45	Body Combat	Dance Studio	Martial Arts Classes
Sunday	08:00 - 08:35	Born to Move	Dance Studio	Mind & Body Classes
Sunday	08:30 - 09:15	The Trip	Cycle Studio	Cycle Classes
Sunday	12:00 - 12:30	Sprint	Cycle Studio	Cycle Classes
Sunday	12:40 - 13:05	Body Balance	Dance Studio	Mind & Body Classes
Sunday	13:45 - 14:15	RPM	Cycle Studio	Cycle Classes
Sunday	17:30 - 18:15	The Trip	Cycle Studio	Cycle Classes
Sunday	21:15 - 21:45	Core	Dance Studio	HIIT Classes

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-  Cycle Classes
-  Cardio & Dance Classes
-  HIIT Classes
-  Mind & Body Classes
-  Strength & Conditioning Classes
-  Martial Arts Classes
-  Aqua Classes